



Slow it down

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When was the last time you felt unhurried?

We spend many waking hours rushing from one thing to another – a meeting, a place, an activity, a task.

Rushing means we are so focused on a particular outcome or deliverable that it closes us off to possibilities, creativity, and other people's views and suggestions. It narrows our perspective.

I don't know about you, but when my perspective is narrow, it creates a universe of burden on me – to get something right first time, as quickly as possible. It closes me off to curiosity and shuts down my most creative self.

And you see, curiosity is the magic of problem solving. **But curiosity needs space.**

It needs you to pause, to notice, to be present. What if slowing down isn't about doing less—it's about experiencing more?

So how can you slow things down?

1. Tai chi walk

Take a slow, deliberate walk – indoors or outdoors. With each step, shift your weight fully from one foot to the other. Feel your heel touch down first, then roll through to your toes. Keep your movements smooth and continuous, as if you're walking through water. Notice your balance, your breath, the sensations in your feet and legs. This isn't about distance – it's about awareness in motion.

2. Look hard

Really look at something – like your hand or a piece of fruit or a picture – or someone. Really look. See the whole image and the smallest individual elements. Channel your inner Monet and see all the dots creating the whole.

3. Savour it

Really savour the next thing you eat or drink. What flavour, texture, sound do you notice from eating or drinking something? How does it make you feel?

4. Listen (with both ears)

Really listen to the person who is speaking to you.

Listen to understand, not just to respond. When you slow down enough to truly listen, people feel it – and they're more likely to share ideas, raise concerns, bring solutions. Rushing closes that door.

5. Do one thing at a time

Notice how often you're doing two (or more) things at once. How well are you actually doing each thing? How does it make you feel? You might feel great that you're rising to the challenge of several tasks simultaneously, but how long can you sustain that level of energy and focus? And more importantly, is it the right thing to do for you?

Multi-tasking fragments your attention and creates a constant low-level stress. **Mono-tasking** – giving your full attention to one thing – lets you work with depth instead of surface-level scrambling.

Slowing down isn't about doing less—it's about experiencing more?